My Timeline Experience

John Kang

I arrived at *Timeline* with the primary intention to rest and unwind from a period of what appeared to be a particularly stressful proceeding 6 months. I had contemplated quitting work so I could devote my time to more meaningful ventures. By the morning of the first full day, during Focus 10 and 12 reset exercises I pretty much had all the answers to balancing both the work routine and moving to the next steps toward the "big picture". It appeared my guidance pretty much dragged me to *Timeline* and I accomplished my mission of achieving R&R in less than a day. The rest of this workshop was going to be a freebie.

The exercises gradually led the participants to work primarily with Focus 15, the vast and peaceful place. From F 15 we explored the impact of current personal traits, fears, biases and preferences to those events which may have occurred before. For me the exciting thing about *Timeline* was many of the exercises used numerous techniques to get out of body (OOB) and explore in full consciousness. The tape guidance was first rate! Repeated guided practice to lift out from the self and travel back in time was particularly useful. There was much discussion between the participants about OOBs. Another useful lesson for me was the repeated use of the technique to go to a special place with one's guide to retrieve important information.

The process with working from the present to understand past experiences was, for me, truly a process that transcended time and matter. Is this what time travel feels like? The experiences seemed all so real, made sense, and many were beyond the reach of my imagination. There was much deep thinking by all the participants as they processed the new information. As the week progressed, I came to the undeniable understanding that I had known several of the participants in the past. One could observe deep friendships getting re-established among several old friends. During this week I received many profound revelations from the guides from F27 as well as from my own past lives. An interesting revelation on the last day was that the super old toothless monk, who had been helping me all along, a person that I had been in awe of, is none other than my self from another time. Wow! No way! I had to dwell on this revelation for a while. As a reality check, I asked to find a four-leaf clover and was rewarded with 3 four-leaf clovers and 2 five-leaf clovers.

For me *Timeline* was an unexpected oasis in time. The week at *Timeline* allowed me to fill in many of the blank spaces left from *Gateway* to *Exploration 27*. *Timeline* was the completion of a long journey back to my self. I feel more whole, more prepared, and able to flow with time.

Lee Stone and Charlene Nicely are to be congratulated for a job well done for facilitating a challenging workshop where pretty much everyone at one point or another has to process some personal issues. Lee and Charlene's gracious guidance throughout the week made the incredible journey painless and fun.

Korg The Neanderthal
(aka John Kang)